

ARIZONA HOUSE OF REPRESENTATIVES
Fifty-fifth Legislature - Second Regular Session

TEEN MENTAL HEALTH HOUSE AD HOC COMMITTEE

Report of Interim Meeting
Monday, October 17, 2022
House Hearing Room 1 (58) -- 9:00 A.M.

Convened 9:07 A.M.
Recessed
Reconvened
Adjourned 11:11 A.M.

MINUTES RECEIVED
CHIEF CLERK'S OFFICE

10-18-22

Members Present

Representative Osborne, Co-Chairman
Representative Wilmeth, Co-Chairman
Dr. Chhatwal
Ms. Coggins
Ms. Godbehere
Ms. Guy
Representative Hernandez
Ms. Jones Mellon
Dr. Kirkilas
Ms. McPherson
Ms. McWilliams
Pastor Nunez

Members Absent

Representative Grantham
Representative Blackwater-Nygren
Ms. Blalock
Ms. Breitwieser Cutshall
Ms. Espino
Mrs. Harrison
Mr. Sampson
Sergeant Tyler

Agenda

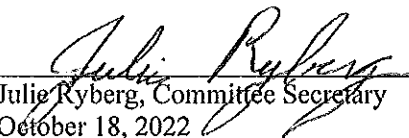
Original Agenda -- Attachment 1

Committee Attendance

Report -- Attachment 2

Presentations

<u>Name</u>	<u>Organization</u>	<u>Attachments (Handouts)</u>
Dr. Lisa Villarroel	Arizona Department of Health Services	3
Martin F. Celaya		
Felipe Garcia	Arizona Governor's Youth Commission	4
Kaylee Woods	Yellow Ribbon Group	5
Yazmine Miles		
Taylor Rice		
Bayan Meri		
Lisa Anderson		
Ginny Legros		
Monique Slaughter		
Devin Sloma		
Loren Simpson		
Kelly Dale		


Julie Ryberg, Committee Secretary
October 18, 2022

(Original attachments on file in the Office of the Chief Clerk; video archives available at <http://www.azleg.gov>)

ARIZONA HOUSE OF REPRESENTATIVES

INTERIM MEETING NOTICE OPEN TO THE PUBLIC

Convened 9:07am

Adjourned 11:11am

TEEN MENTAL HEALTH HOUSE AD HOC COMMITTEE

Date: Monday, October 17, 2022

Time: 9:00 A.M.

Place: HHR 1

Members of the public may access a livestream of the meeting here:
<https://www.azleg.gov/videoplayer/?clientID=6361162879&eventID=2022101004>

AGENDA

1. Call to Order
2. Minute for Good
3. Public Testimony
4. Presentations:
 - Arizona Criminal Justice Commission—2022 Arizona Youth Survey
 - Andrew T. LeFevre, Executive Director
 - Arizona Department of Health Services—Overview of Adverse/Positive Childhood Experiences in Arizona
 - Dr. Lisa Villarroel, Chief Medical Officer, Public Health Services
 - Martin F. Celaya, Chief, Bureau of Assessment and Evaluation
 - Arizona Governor's Youth Commission
 - Felipe Garcia, Vice President
 - Yellow Ribbon Group
5. Discussion and Updates on Workgroup Proposals and Potential Solutions:
 - Access to Care, Depression and Mental Illness
 - Bullying and Social Media
 - Family Support and Substance Abuse
6. Adjournment

Members:

Representative Joanne Osborne, Chair
Representative *Justin Wilmette*, Co-Chair
Representative Jasmine Blackwater-Nygren
Representative Alma Hernandez
Jennifer Blalock
Lisa Breitwieser Cutshall
Dr. Jasleen Chhatwal
Bernadette Coggins
Candy Espino
Gina Godbehre

Kristina Guy
Sally Harrison
Shelley Jones Mellon
Dr. Gary Kirkilas
Katey McPherson
Kimberly McWilliams
Pastor Ryan Nunez
Solomon Sampson
Sergeant Sean Tyler

10/11/2022
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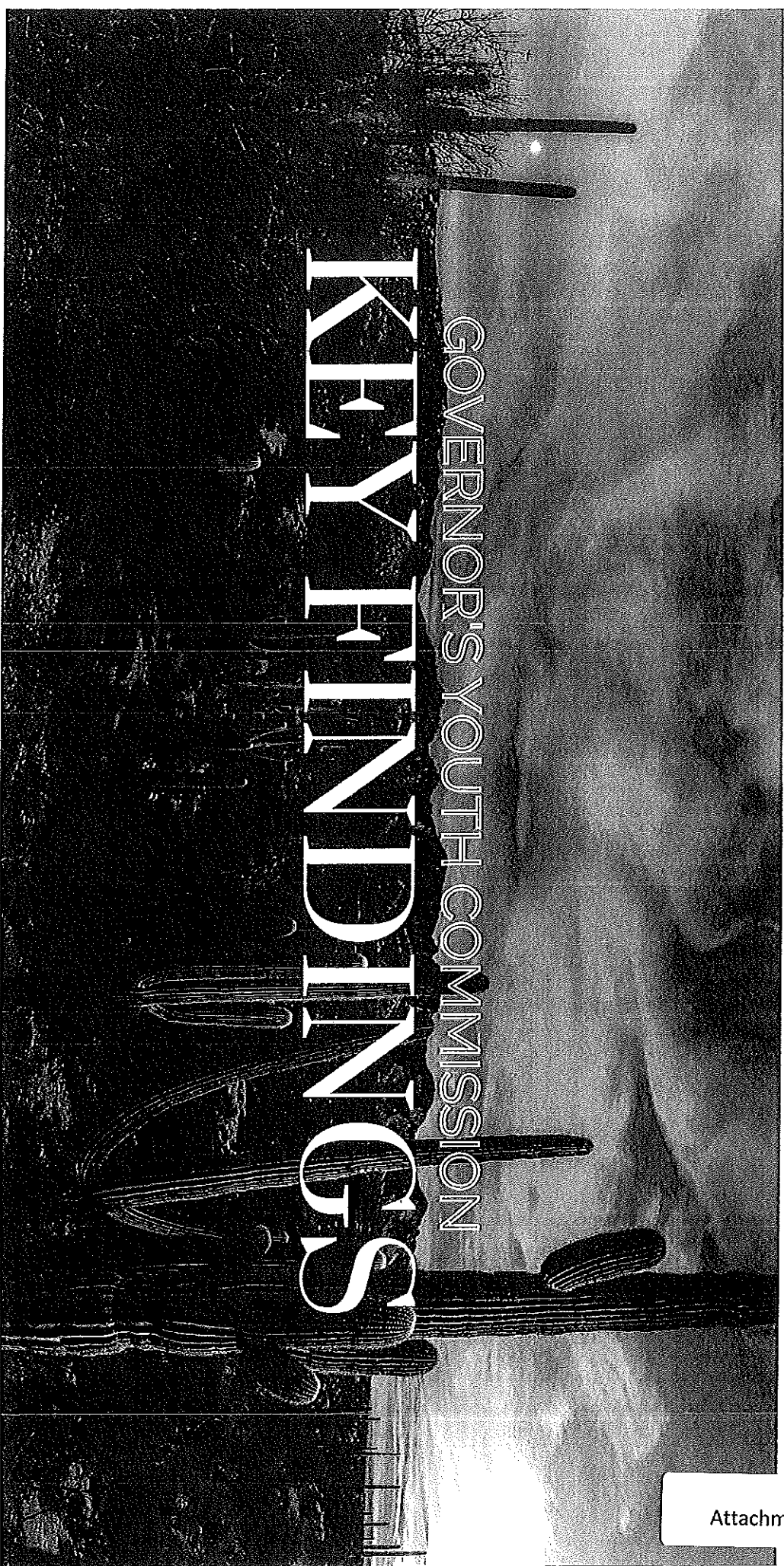
People with disabilities may request reasonable accommodations such as interpreters, alternative formats, or assistance with physical accessibility. If you require accommodations, please contact the Chief Clerk's Office at (602) 926-3032 or through Arizona Relay Service 7-1-1.

ARIZONA STATE LEGISLATURE
Fifty-fifth Legislature - Second Regular Session
COMMITTEE ATTENDANCE RECORD

COMMITTEE ON AD HOC COMMITTEE ON TEEN MENTAL HEALTH
CO-CHAIRMAN: Joanne Osborne CO-CHAIRMAN: Justin Wilmeth for Travis Grantham

DATE	10/17/22	/22	/22	/22	/22
CONVENED	9:07 am	m	m	m	m
RECESSED					
RECONVENED					
ADJOURNED	11:11 am				
MEMBERS:					
Blackwater-Nygren J	-				
Hernandez, A	✓				
Ms Blalock, J	-				
Ms Breitwieser-Cutshall, L	-				
Dr. Chhatwal, J	✓				
Ms Coggins, B	✓				
Vacant					
Ms Espino, C	-				
Ms Godbehere, G	✓				
Ms Guy, K	✓				
Ms Harrison, S	-				
Ms Jones Mellon, S	✓				
Dr. Kirkilas, G	✓				
Ms McPherson, K	✓				
Ms McWilliams, K	✓				
Pastor Nunez, R	✓				
Mr Sampson, S	esc				
Sgt. Tyler, S	esc				

Grantham T Wilmeth J, Co-Chairman	✓				
Osborne J, Co-Chairman	✓				
√ Present --- Absent exc Excused					



October 2022



Teen Mental Health Committee

OVERVIEW

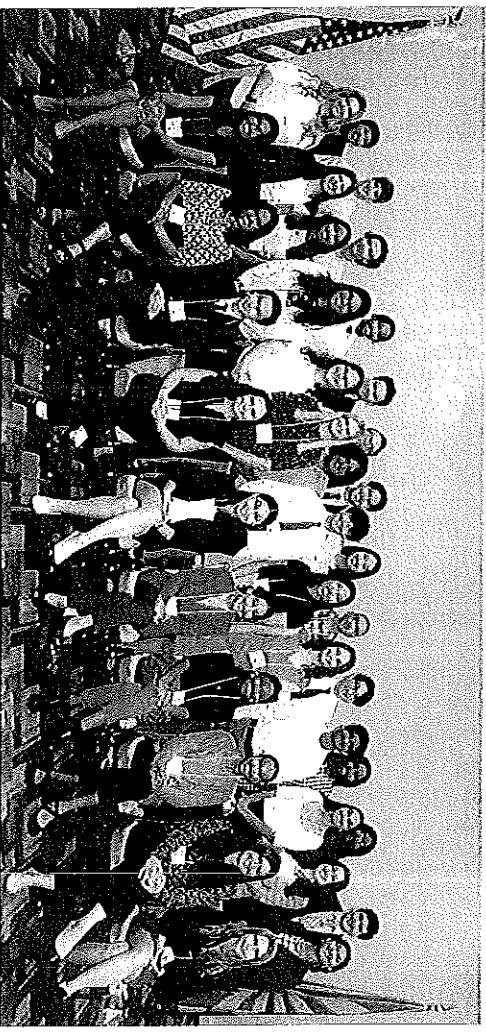
- Introduction to the Governor's Youth Commission (GYC)
- Key Findings
 - 2020-2021 Report
 - 2021-2022 Report
- Contact information



ABOUT US

"Established in 1989, the Governor's Youth Commission (GYC) is a diverse body of Arizona high school students from across the state. The membership of the GYC serves to be representative of the demographic and geographic diversity of Arizona. Commissioners work to identify and address the greatest challenges facing Arizona's youth through innovative community impact projects, establishing partnerships with youth leaders across the state, and advising the governor. The GYC is committed to empowering generations of civically engaged and service-oriented leaders to create a brighter future for Arizona."

The GYC achieves its mission through its five workgroups that focus on their respective topics: Distracted Driving, Domestic Violence, Education, Mental Health, and Substance Abuse.



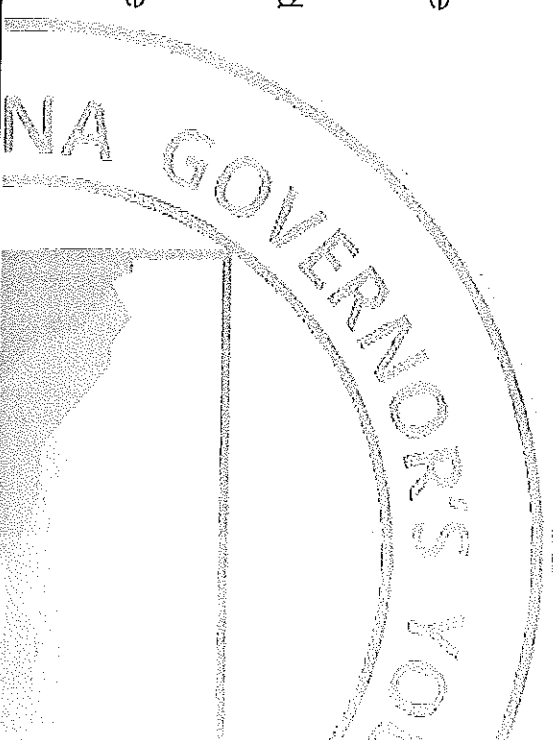
2020-2021 REPORT

Project Focus

During the 2020-2021 term, the Mental Health Workgroup conducted a survey across Arizona's 15 counties to assess the state of mental health from a student's perspective. The survey took place from April 14 - May 13, 2021, and received 302 responses.

Key Findings

- Discrepancies in the resources available to public/charter versus private school students.
 - Better mental health outcomes for private school students
 - Student confidence in their school's ability to support them reflected their available resources and support environment
- Online learning exacerbated negative mental health effects.
- The median response demonstrated that students have 70% confidence in connecting a friend to mental health resources.



2020-2021 REPORT CONTINUED

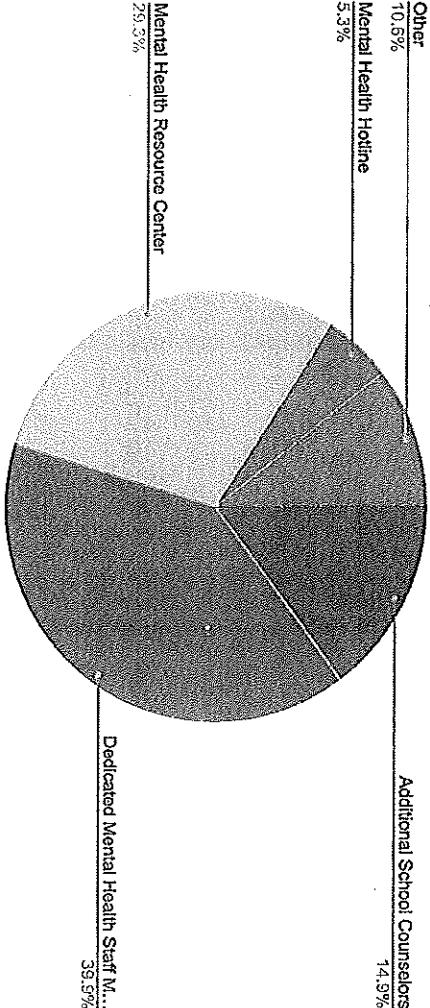
Recommendations

- Further research into socioeconomic and racial discrepancies within both public and private schools in Arizona in regards to mental health resources.
- Address the poor counselor-to-student ratio in public schools.

Clarifications

- Mental health resources are defined as school-level points of access to assistance with the potential for referrals to a 3rd party (i.e. a school counselor).

F3. What is a change you would make in your school to provide better access to mental health resources?



2021-2022 REPORT

Project Focus

In a post-pandemic landscape, the 2021-22 Mental Health Workgroup conducted a survey to assess the effectiveness of the Arizona Department of Health Services (ADHS) 'Start a Conversation' campaign, while simultaneously gathering data to measure the online presence of Arizona's high schoolers. The survey was conducted from March 7- May 8, 2022.

Counties represented: Cochise, Greenlee, Maricopa, Mohave, Pima, Pinal, and Yavapai.



2021-2022 REPORT CONTINUED

Key Findings

- After seeing a campaign asset from ADHS:
 - Half of the respondents were not inclined to start a conversation and/or reach out to a loved one about loneliness
 - When compared to a 'non-verified' mental health graphic, the majority (64%) answered that the design did **not** take away from the credibility of the information
- Platform Presence and Trustworthiness of Arizona high schoolers:
 - TikTok has the greatest reach, but advertisements are seen most on Instagram
 - Instagram (27.9%), followed by Snapchat (24.3%) are perceived to be the most trustworthy platform
 - The majority of respondents either "sometimes believe" (52%) or "usually believe" (34%) the mental health information seen on social media



MENTAL HEALTH IS...

- IMPORTANT ON A CONTINUUM WORTH MAKING TIME FOR
- SOMETHING WE NEED TO LOOK AFTER
- COMPLEX

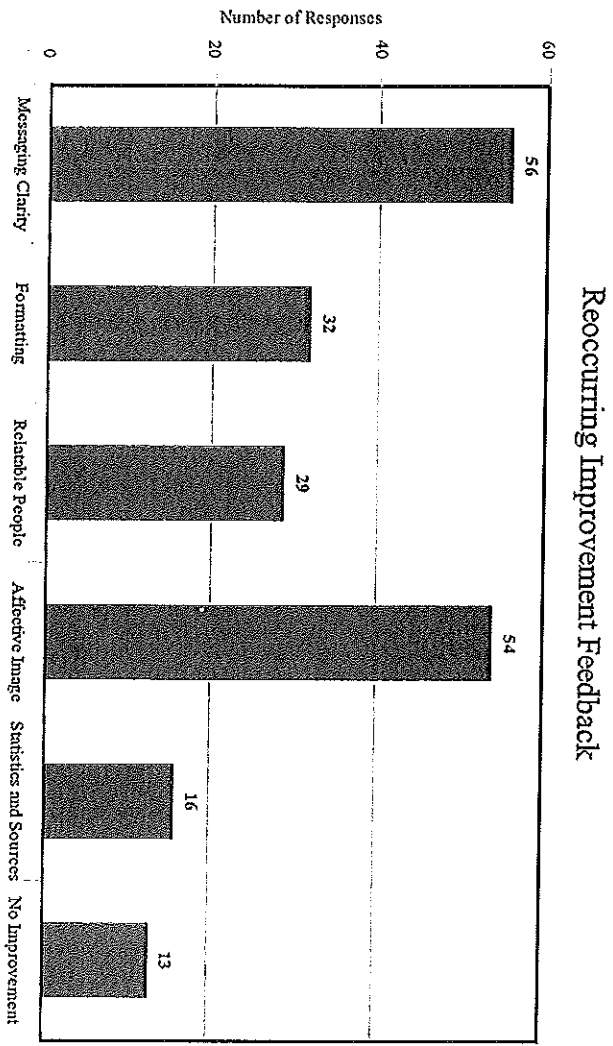
ISN'T...

- A WEAKNESS
- SOMETHING YOU DECIDE TO HAVE
- SHAMEFUL
- SOMETHING YOU CAN SNAP OUT OF
- ATTENTION SEEKING

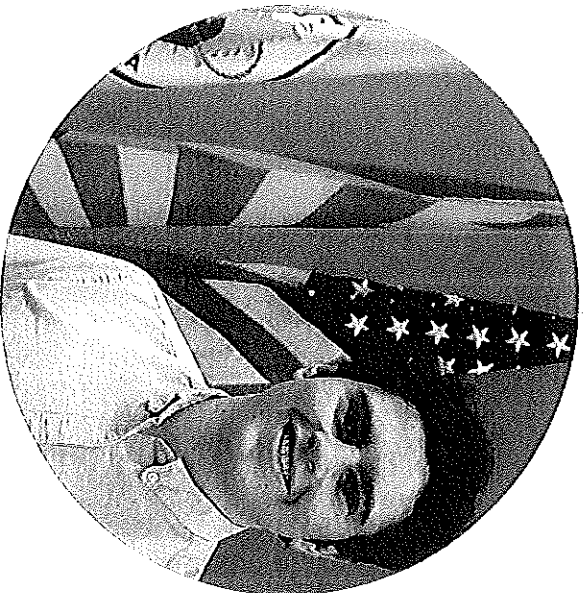
2021-2022 REPORT CONTINUED

Recommendations

- State agencies and key stakeholders establish partnerships with high school-aged youth within local communities to utilize when developing campaign assets
 - Improve cost-effectiveness of messaging
 - Improve outreach efforts to effectively reach and engage Arizona high schoolers



CONTACT INFORMATION



Felipe Garcia

Vice President

Governor's Youth Commission

felipefromtucson@gmail.com



Overview of Adverse/Positive Childhood Experiences in Arizona

Presented by:

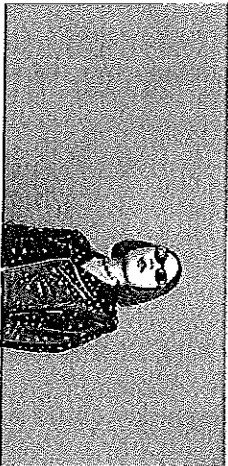
Martín F. Celaya, MPH

Chief, Bureau of Assessment and Evaluation

Lisa Villarroel, MD, MPH

Chief Medical Officer for Public Health

 ARIZONA DEPARTMENT
OF HEALTH SERVICES



Overview

- 1) Background on ACEs
- 2) Background on Trauma
- 3) Arizona Findings
- 4) Current ADHS efforts
- 5) ADHS ACEs Action Plan



Trigger Warning: The content of the presentation is focused on child adversities and trauma.

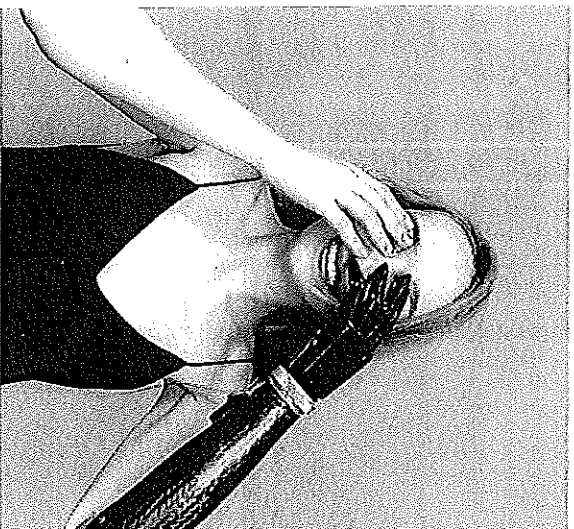
Adverse Childhood Experiences

Specific kinds of adversity and traumatic events that occur during childhood and adolescence (0-17 years)¹

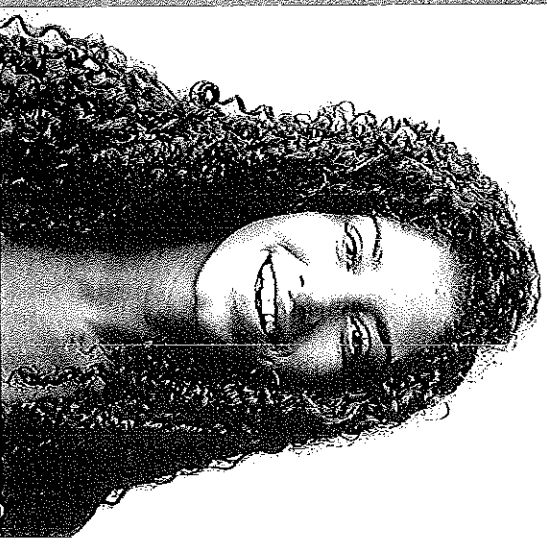
Three categories of ACEs: abuse, neglect, household dysfunction

Extensive research shows a powerful, persistent correlation between ACEs and poor health outcomes later in life²⁻⁵

¹Center on the Developing Child at Harvard University [2]Leeb et al. 2011, Am J Lifestyle Med [3] Hillis et al. 2004, Pediatrics [4]Gilbert et al., 2015, Am J Prev Med [5]Chapman et al., 2004, J Affect Disord



**1 in 6 people
experience 4 or
more ACEs**



**Two-thirds of
US population
have
experienced at
least one ACE**

Original ACE Study

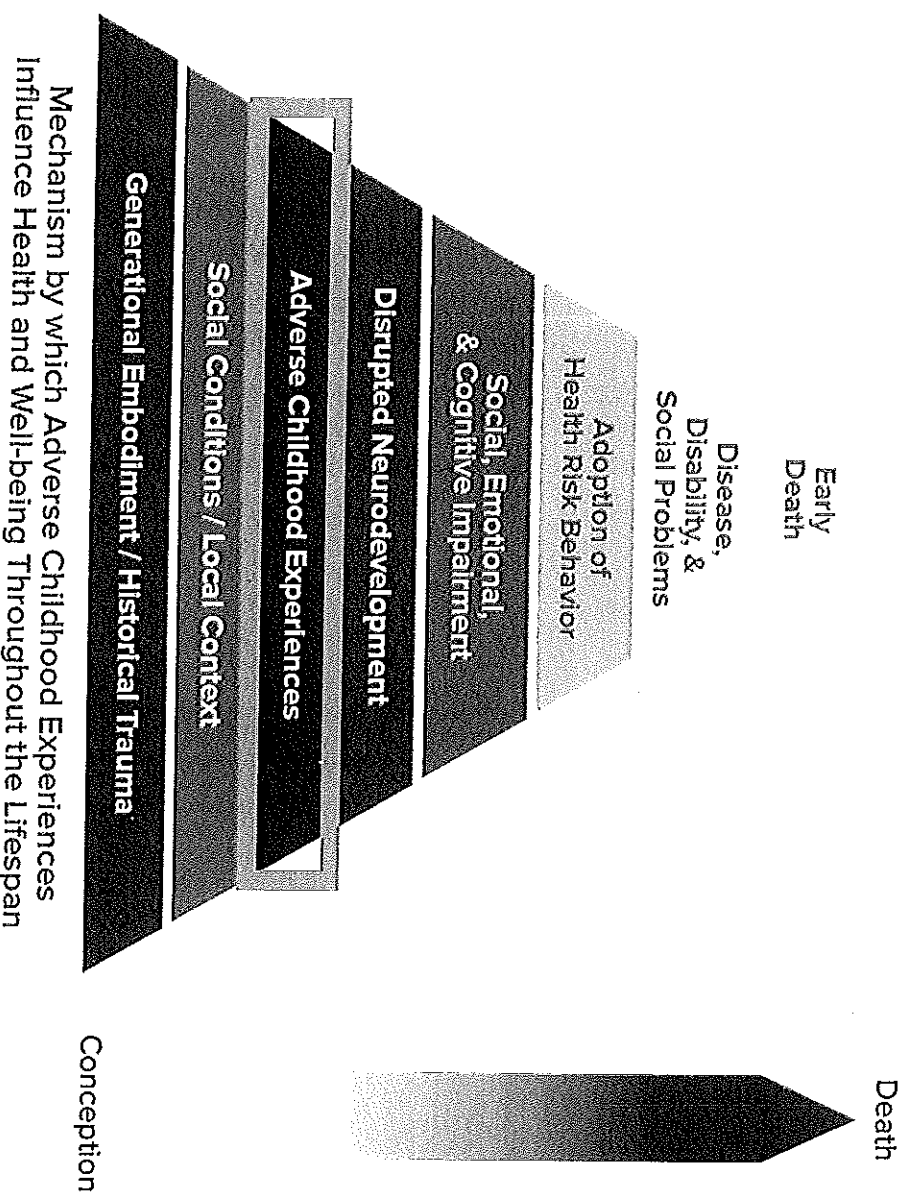
1995-1997 study by CDC and
Kaiser Permanente Health
Care Organization

Assessed 7 childhood
exposures

Results showed strong
correlations between harmful
experiences in childhood
and poor health outcomes in
adulthood

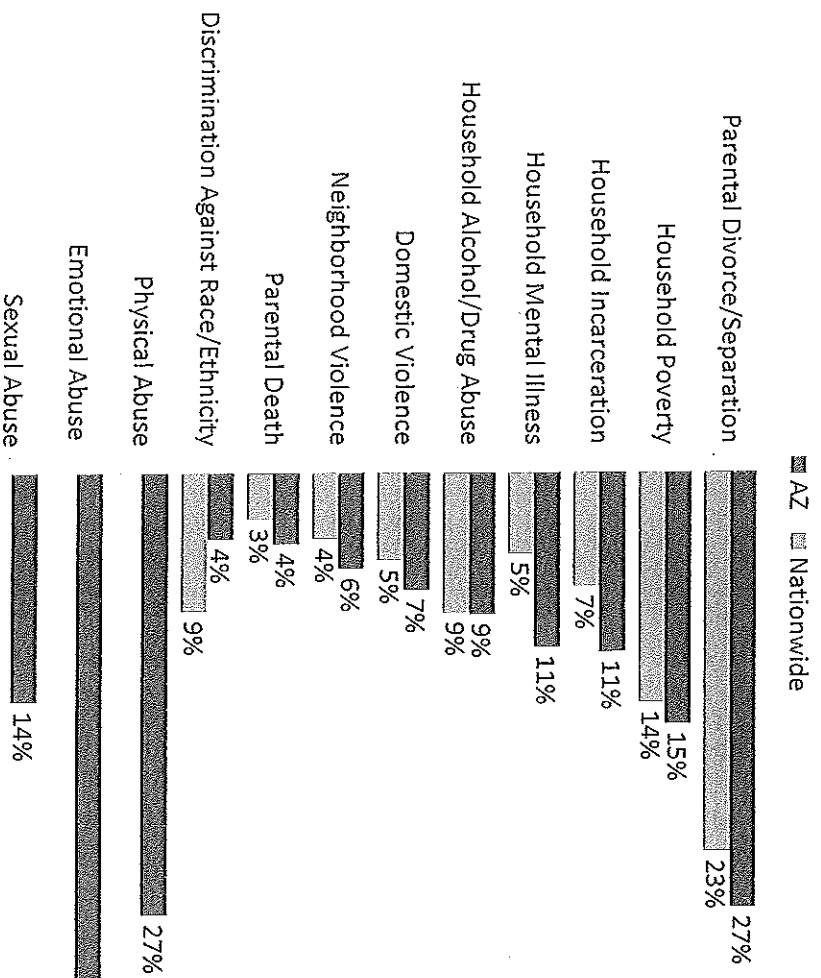
Significant dose-response
relationship between ACEs
and adverse health outcomes

3 Felitti et al., 1998, Am J Prev Med



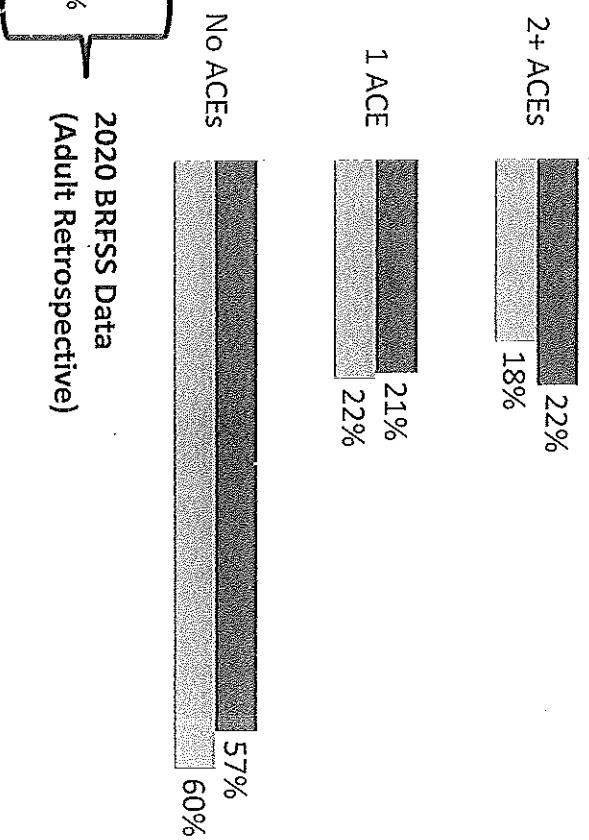
Prevalence of ACEs in Arizona, 2019-2020

Comparison of Individual ACEs in Arizona vs US



2 out of 5 AZ Children
Experience an ACE

Co-occurrence of ACEs in Arizona vs US



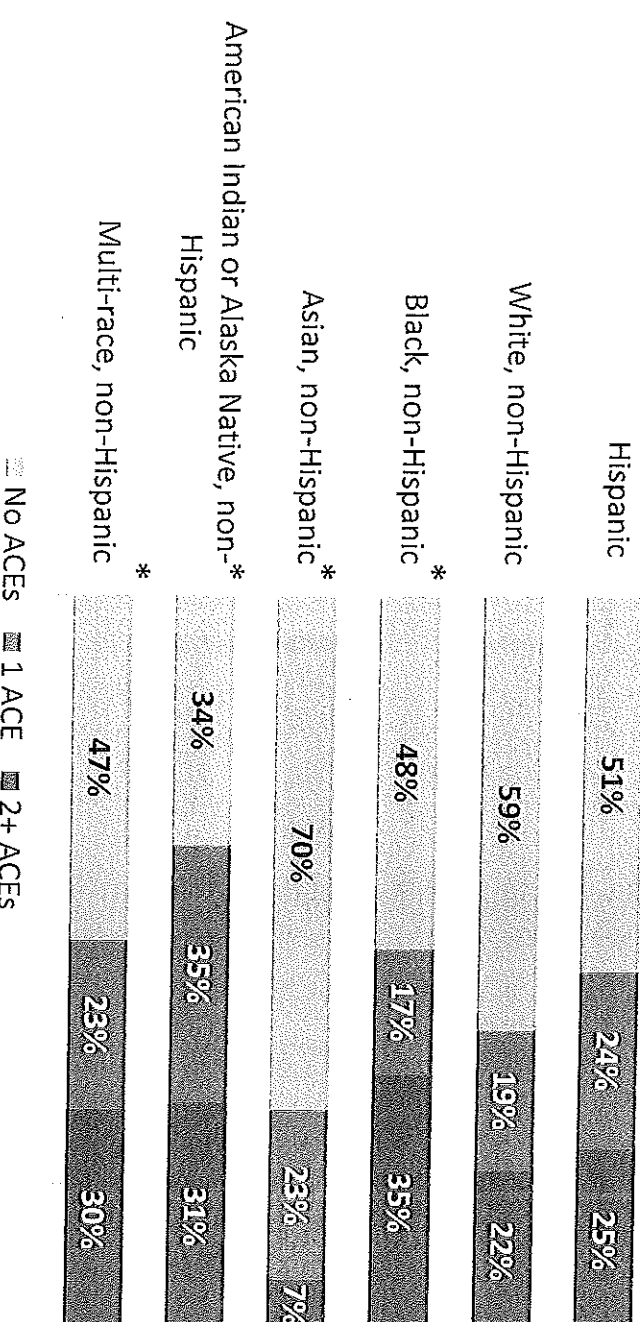
2020 BRFSS Data
(Adult Retrospective)

Co-Occurrence of ACEs by Race of Children 0-17 years (2016-2020 Combined)

Black non-Hispanic, American Indian/Alaska Native non-Hispanic, and Multi-racial non-Hispanic children experience multiple ACEs at greater amounts than children in other racial/ethnic groups in Arizona

Asian, non-Hispanic and White, non-Hispanic children experience fewer ACEs than children in other racial/ethnic groups

*Interpret data with caution as survey distribution for all racial groups except Hispanic and non-Hispanic White is equal or less than 5%



Survey Demographic Distribution

- 44% were Hispanic
- 43% were white
- 5% were multi-racial
- 4% were Black
- 2% were Asian
- 1% were American Indian/Alaska Native
- less than 1% were Native Hawaiian/Other Pacific Islander

Trends of ACEs between 2016 and 2020

Largest percent change decrease in an individual ACE

- children who lived with someone who abused drug/alcohol decreased by 40%

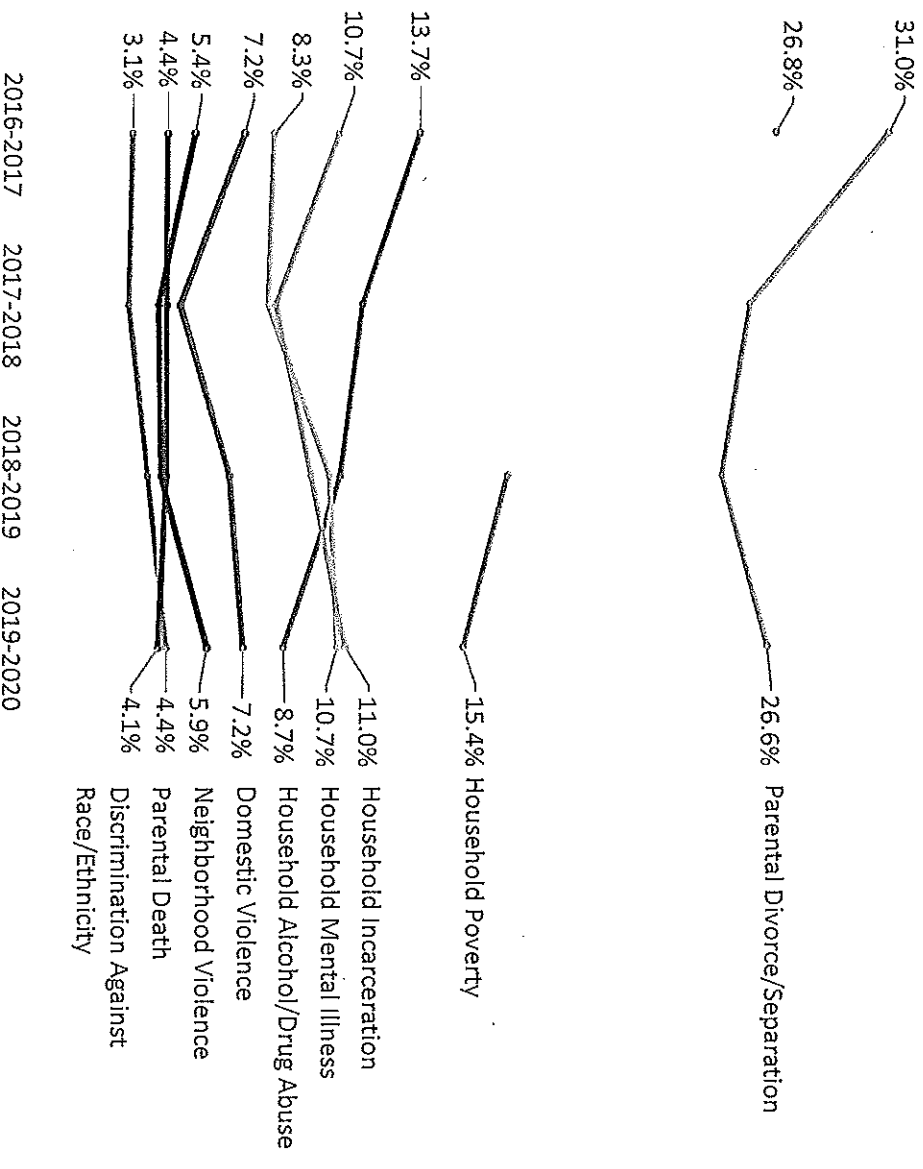
Largest percent change increase in an individual ACE

- children whose parent or guardian died, increasing by 42%

Percent changes among ACEs that increased

- 29% increase of children living with someone who had mental illness
- 9% increase of children who experienced neighborhood violence
- 3% increase of children whose family member was incarcerated

Unknown for Income: wording change in the 2018 survey hence not available for the 2017-2018 combined dataset



Positive Childhood Experiences

Growing body of evidence investigating positive childhood experiences (PCEs)

PCEs are protective against adolescent substance use and pregnancy and are associated with positive adult functioning and better mental health outcomes^{18,19}

Minimal research had been conducted to investigate the co-occurrence of PCEs and ACEs on health outcomes²⁰

Categories of PCES

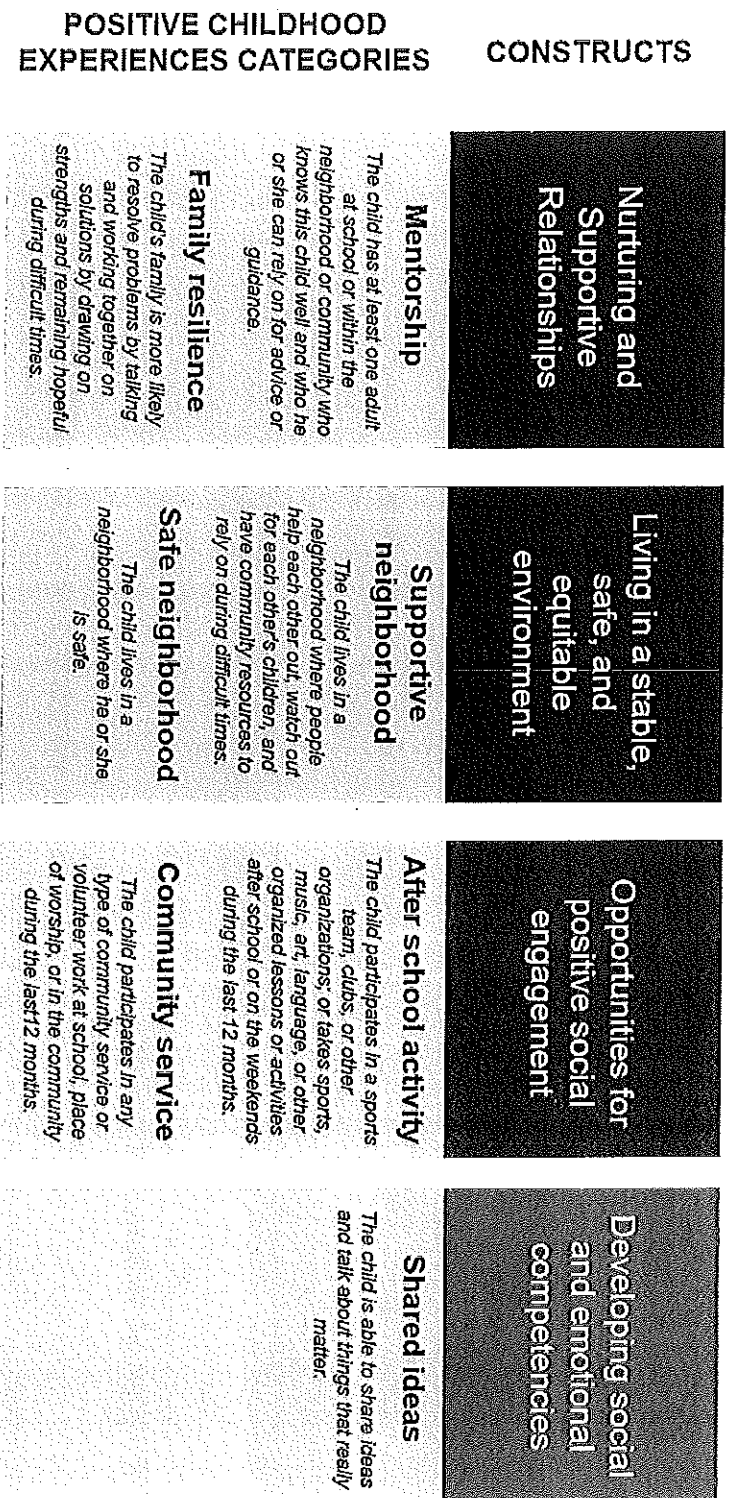
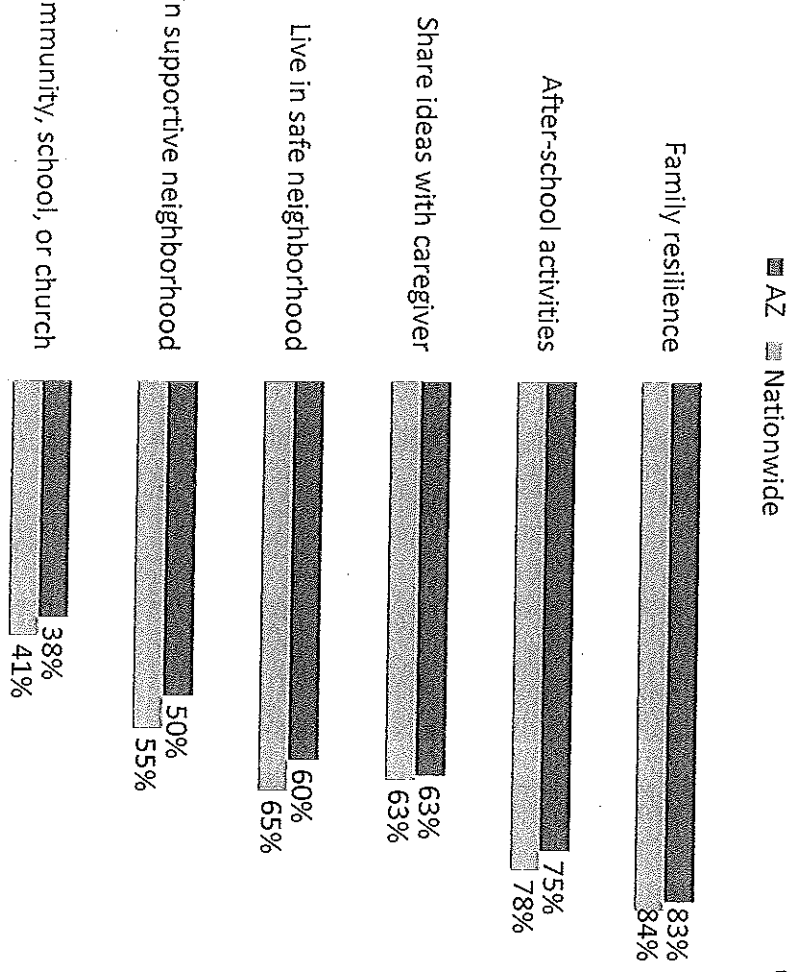


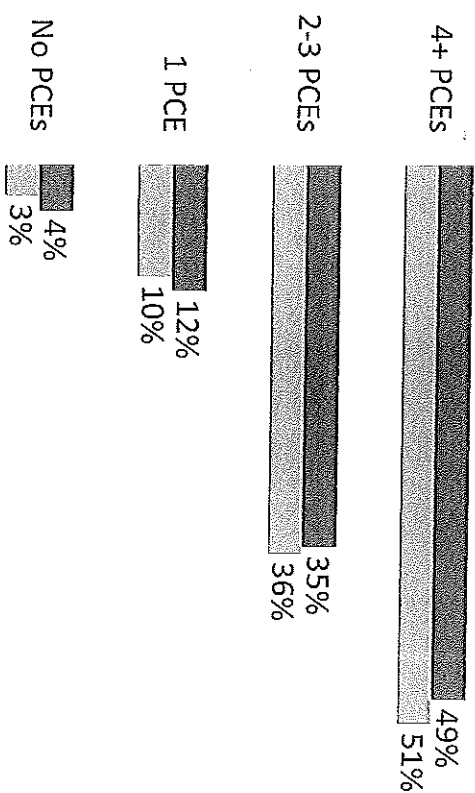
Figure 1. Summary of the Social Constructs used to develop the Positive Childhood Experiences (PCEs) Categories with Definitions Derived from the National Survey of Children's Health Questions.

Prevalence of PCEs in Arizona, 2019-2020

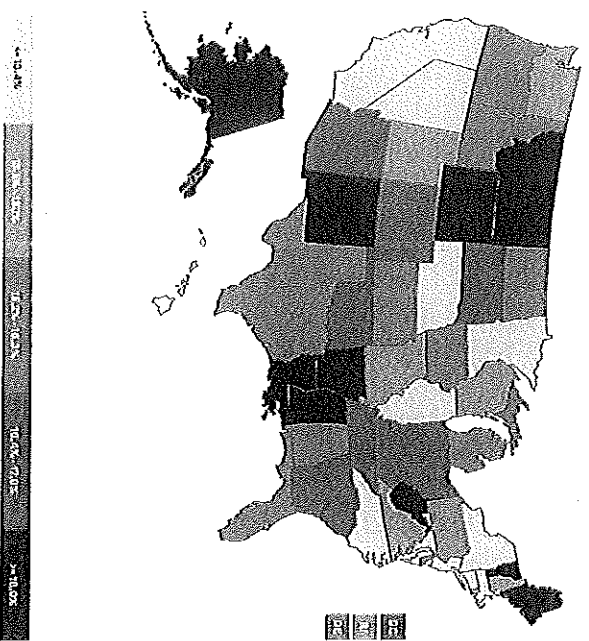
Comparison of Individual PCEs in Arizona vs US



Co-occurrence of PCEs in Arizona vs US

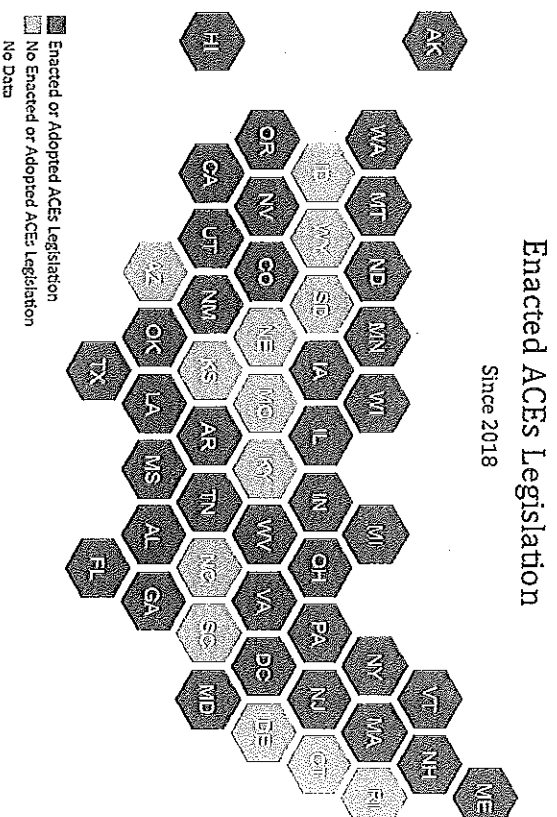


Comparison of ACE Prevalence to Other States



Source: 2020-2021 National Survey of Children's Health, US Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB)

- Arizona ranks 44 out of 51 for the percentage of children that experience 2 or more ACEs
- Arizona children experienced significantly more ACEs than the national average.



Source: NCS Injury Prevention Database

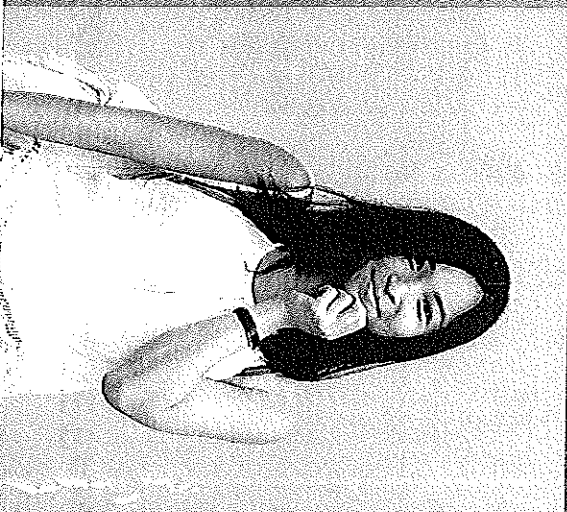
- In the past years, at least 37 states and the District of Columbia enacted or adopted legislation related to ACEs, including laws that specifically address 'childhood trauma, child adversity, toxic stress, or ACEs.'
- Arizona is one of 13 states that have not enacted ACEs legislation.

Building Resilience and Preventing ACES

Provide Quality Care & Education Early in Life

Quality care and early education can improve social, emotional, and cognitive development in children.^{14,15}

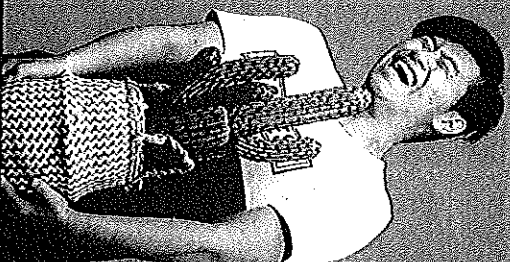
[14] Eusebio et al., 2005; [15] CDC, 2015



Intervene to Lessen Harms & Prevent Future Risk

Programs that provide targeted services and individualized coaching help parents build nurturing relationships with their children.^{16,17}

[16] Beardslee et al., 2003; [17] Chaffin et al., 2004; Consult Clin Psychol



Strengthen Family Environments & Enhance Parenting Skills

Services such as home visitation programs can help first-time parents prepare for their newborns and provide training in child health and development.

[18] Center for Community Child Development, 2015



Strengthen Economic Support to Families

Policies that strengthen household financial security give parents the ability to provide for their child's basic needs.¹⁸

[18] 5th Annual, 2005; [19] West, 2007; [20] Barron et al.

Building on a foundation

Reduction

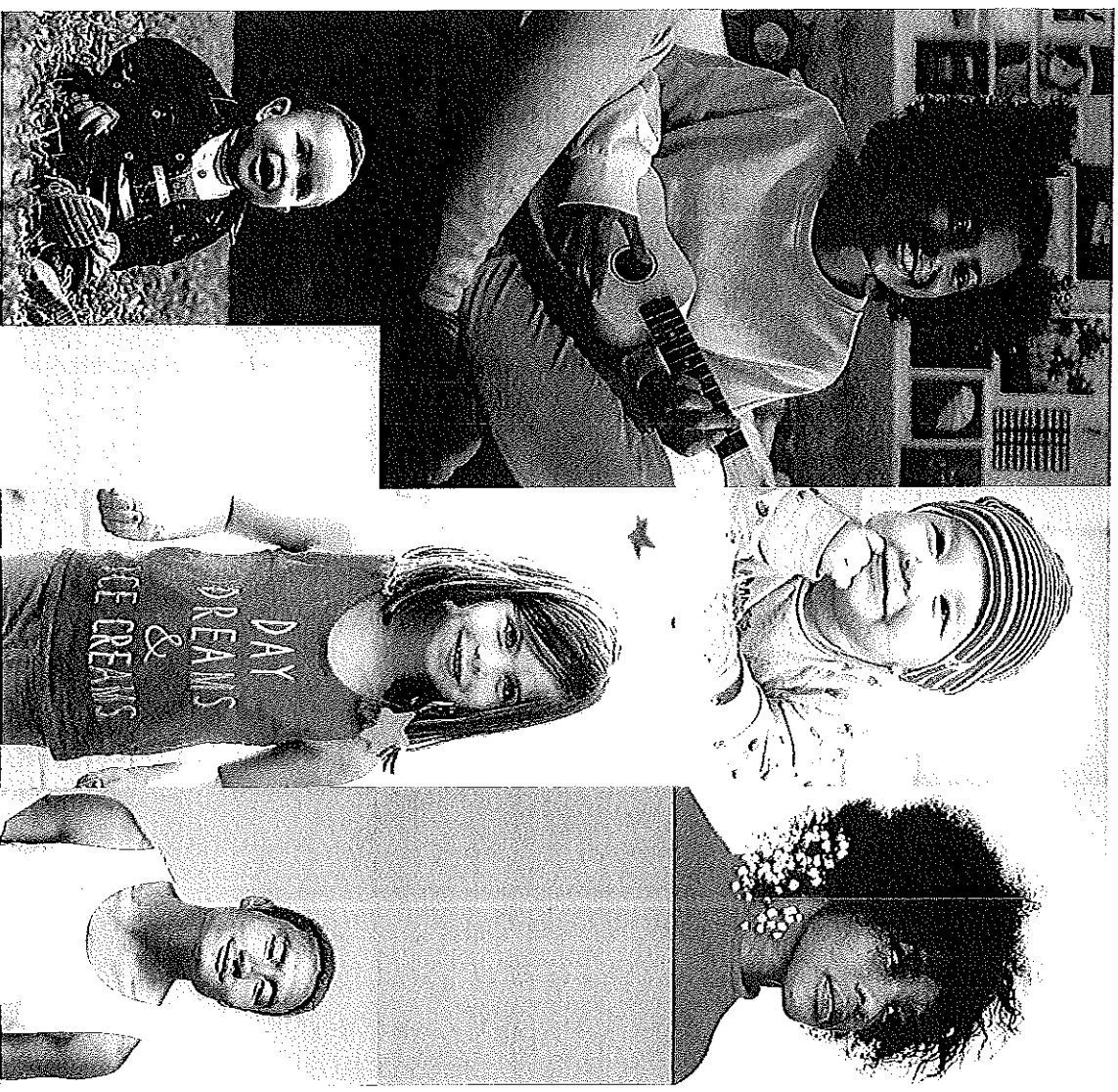
- Staffing to support ACE initiatives across the department
- Release of a social connectedness "start a conversation" campaign
- Support programs that offer adulthood prep subjects and child/youth mental health
- Statewide collaborations with Prevent Child Abuse Arizona and the AZ ACEs Consortium

Surveillance

- Fatality review programs collect data on ACEs
- Population surveys include ACE questionnaire

Mitigation

- Prevention programming in sexual violence
- Integration of trauma informed policies
- Training for EMS providers and home visitors
- Expanded home visiting programs throughout the state



Arizona ranks ~~44~~⁴⁵ of states with children exposed to 2+ ACEs.

It will take a statewide, comprehensive, multi-agency and institution approach to reduce the occurrence of ACEs, children's exposure to ACEs, and the adverse outcomes associated with them.

The goals and strategies listed in this proposal, while consistent with the National Agenda to Address Adverse Childhood Experiences, focuses solely on the public health aspects of prevention, surveillance, and intervention.

ADHS' ACES Action Plan: COMPONENTS

#1

ENHANCE SURVEILLANCE + DATA VISUALIZATION ON ACES/PCES

#2

ENHANCE PROVIDER AWARENESS OF ACES and PCES

#3

SUPPORT PUBLIC HEALTH'S TRANSFORMATION TO A TRAUMA-INFORMED SYSTEM

ADHS' ACES Action Plan: COMPONENTS

#1

ENHANCE SURVEILLANCE + DATA VISUALIZATION ON ACES/PCEs

Identify all sources of data
pertaining to the 49
identified ACES and PCEs in
Arizona



Meet with cross-agency
experts to determine role
of public health in that
metric, ease of data
capture, import of metric
and overall health
impacts.

Score all ACES and PCEs
numerically to shape
where to focus
surveillance and data.



Develop interactive data
dashboards for the public,
academicians, researchers,
students

Develop website for
general public, less data-
heavy, more resource and
awareness oriented



ADHS' ACES Action Plan: COMPONENTS

#2

ENHANCE PROVIDER AWARENESS OF ACES and PCEs

Create provider-based
video from AZ
providers to AZ
providers about
evidence-based and
trauma-informed
approach to ACEs and
patient care

Create website geared
toward providers,
focused on awareness
of prevalence of ACEs
here in AZ and the
evidence-base
recommendations for
practice

ADHS' ACES Action Plan: COMPONENTS

#3

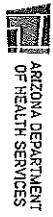
SUPPORT PUBLIC HEALTH'S TRANSFORMATION TO A TRAUMA-INFORMED SYSTEM

Do nationwide search for trauma-informed approaches to large-scale agencies, brand the approach and find champions within the department



Complete a self assessment of ADHS's policies, practices, and programs to inform transformation plan

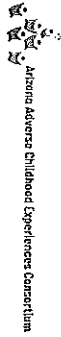




ADVERSE CHILDHOOD EXPERIENCES IN ARIZONA

A reporting brief using data from the US National
Survey for Children's Health

May 2021



POSITIVE CHILDHOOD EXPERIENCES IN ARIZONA

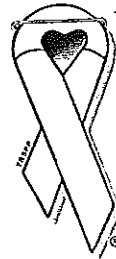
A reporting brief using data from the
U.S. National Survey for Children's Health

September 2022



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THIS RIBBON IS A LIFELINE!

It carries the message that there are those who care and will help! If you are in need and don't know how to ask for help, take this card to a counselor, teacher, clergy, doctor, parent, or friend and say:

"I NEED TO USE MY YELLOW RIBBON"

#0651

The Yellow Ribbon Program is in loving memory of Michael Emme

BE-A-LINK® - SAVE A LIFE!

If you have received this Card, it is a Cry for Help:

- Stay with the person - you are their *lifeline!*
- Listen, *really listen*. Take them seriously!
- Get, or call, help *immediately!*

It's OK to Ask 4 Help!®

CALL: 988 TEXT 'HELP' TO 741741

YELLOW RIBBON SUICIDE PREVENTION PROGRAM® • 303-429-3530 • WWW.YELLOWRIBBON.ORG

Presenting...

Yuma Union High School District

#70



High Schools

7

Square Mileage

2,455

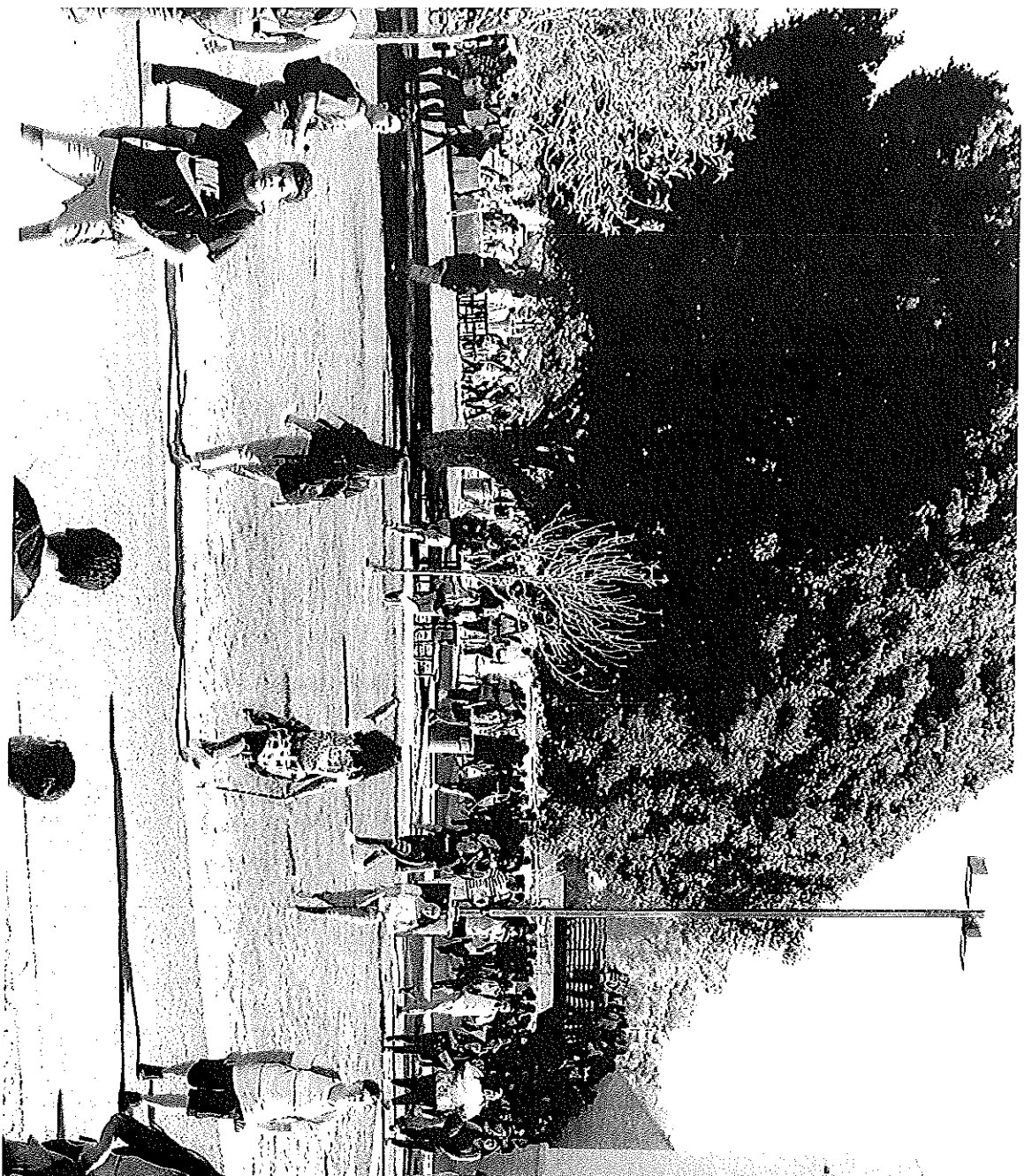


2021-22 Enrollment

10,592

2020-21 Enrollment

10,665

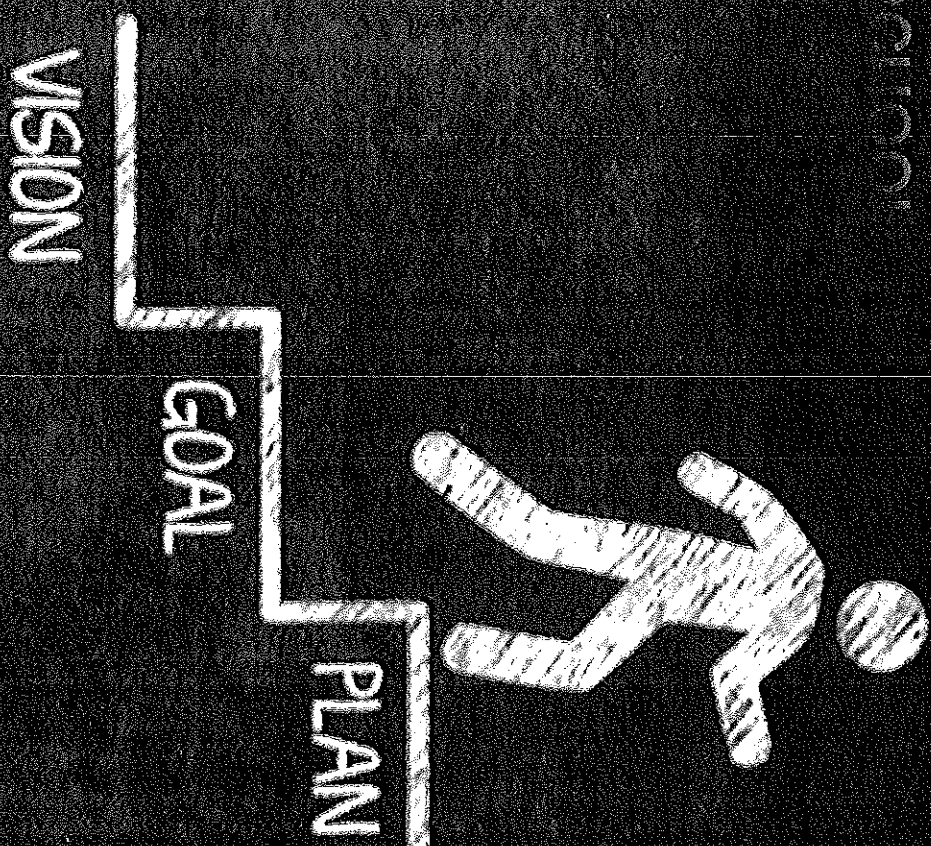


Minority
90%

Migrant
18%

Special Education
10%

Staying in School
Creating the Future



DROPOUT RATE

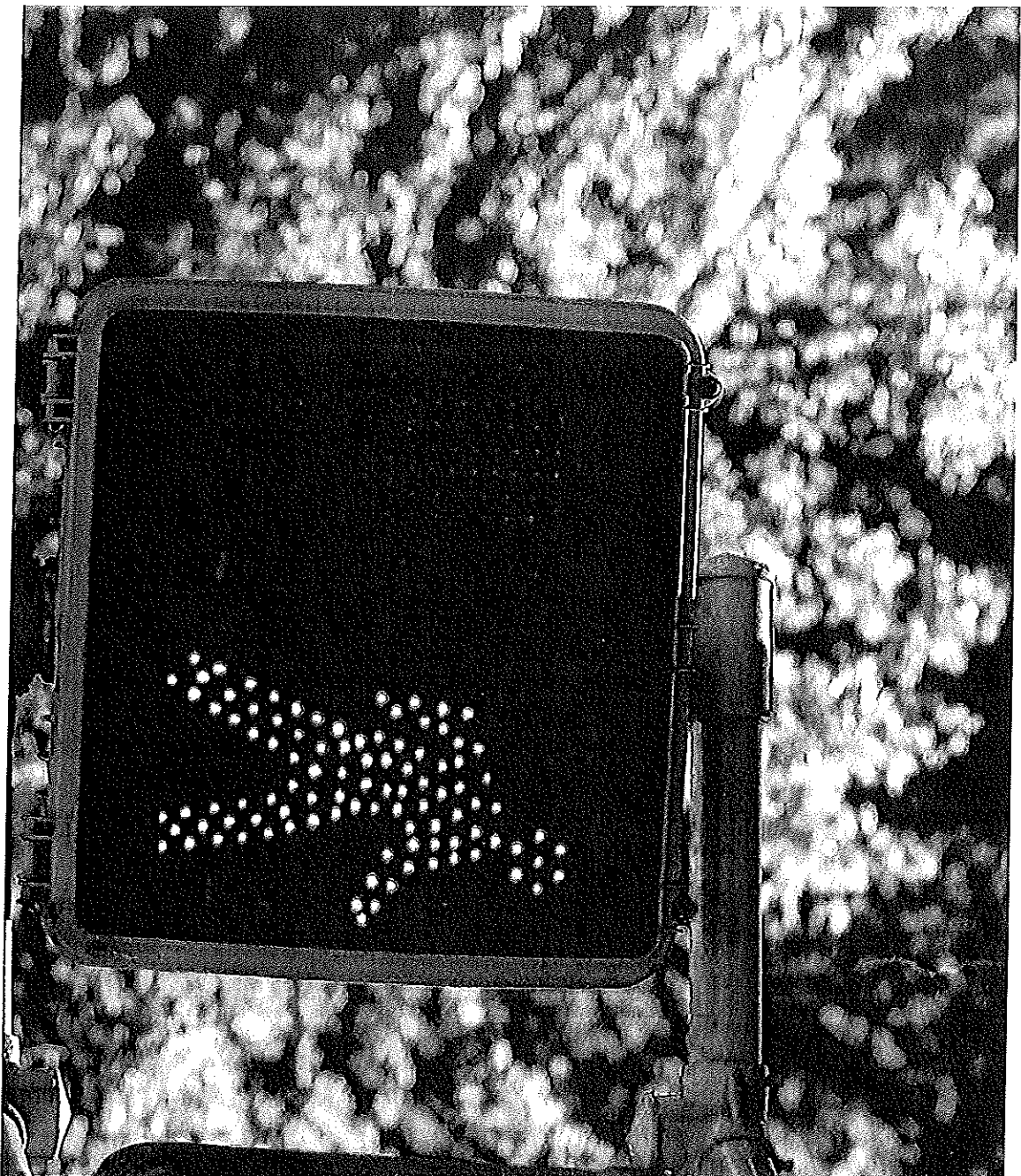
YUHSD

2.85%

AZ Average

4.51%

2010

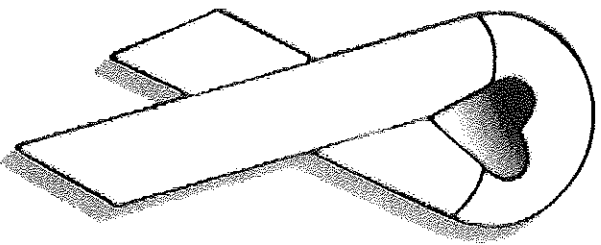


Student Trauma

Students across our district experience trauma in various forms, including, but not limited to, death, abuse, substance misuse, homelessness, and much more.

more

homelessness, and much

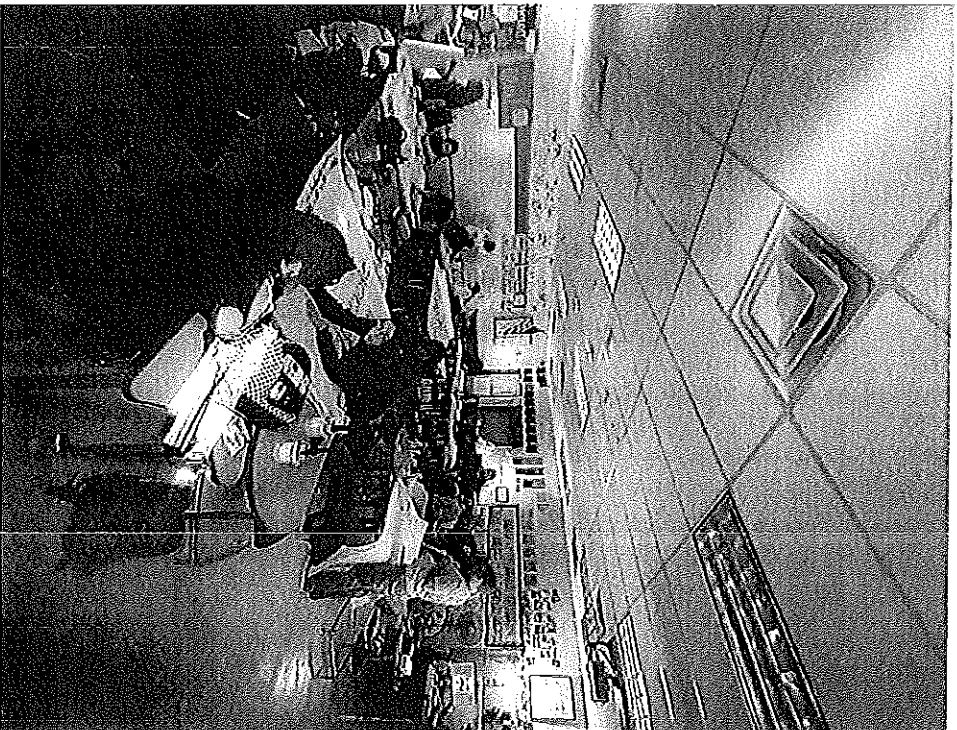
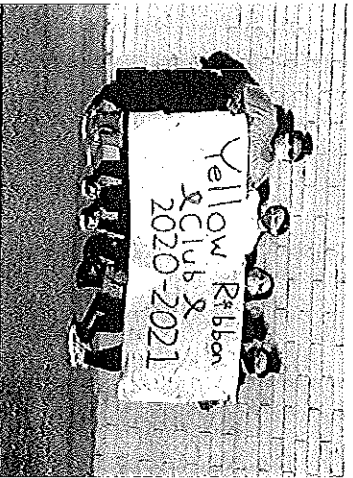
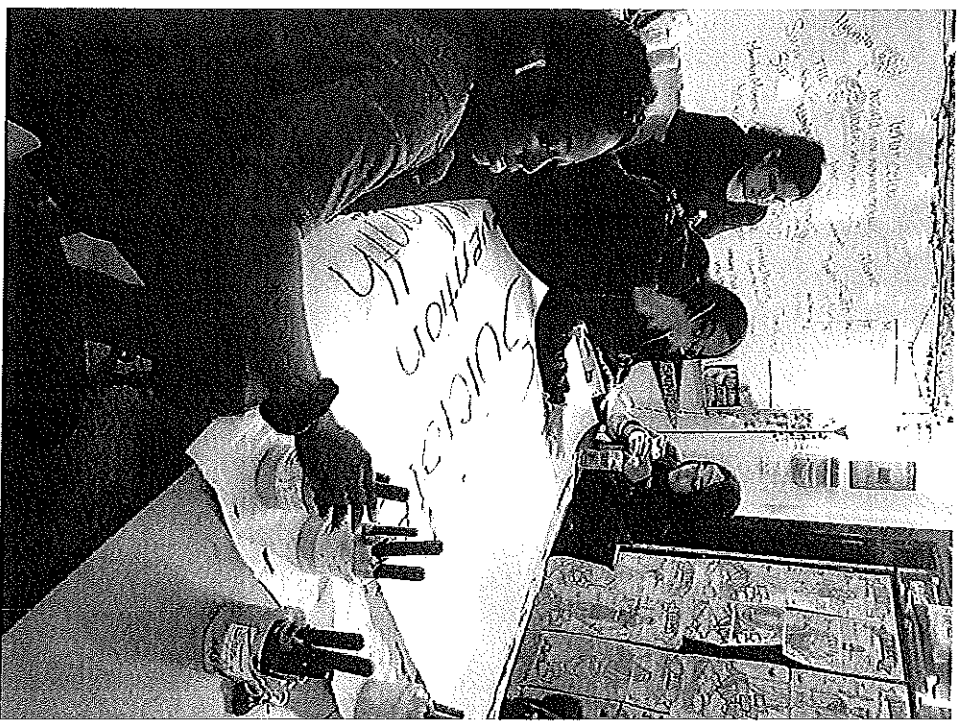


Cibola High School's **YELLOW RIBBON CLUB**

President- Kaylee Woods
Vice President- Yazmine Miles
Secretary- Taylor Rice
Treasurer- Bayan Meri

To Build Community

The Cibola Yellow Ribbon Club was started during the pandemic, a time when many students were physically isolated from their peers, leading to the physical separation creating an emotional/mental one as well. Our goal at the time the club was founded was to connect students to one another and create a safe community where mental health was at the forefront. Our goal has now evolved from not just helping our club students but our community as a whole.



Our Impact

"Yellow Ribbon is a club where the people can truly relax"

"Everyone belongs and it's a nice, comfortable atmosphere."

We asked our club members what Yellow Ribbon meant to them and these were some responses.

"Yellow Ribbon is a space where you can rewind after a long day/week and relax with your friends"

"I love that the club is open to all people."

Meetings

When: We currently hold Bi-Weekly meetings on Tuesdays.

What we do:

- Start with an ice-breaker/bonding game
- Present the topic for the meetings
- Make any posters that correspond with our lesson (for October we created domestic violence awareness posters to put around our school)
- End with a sticky compliment (we have each of the members write one positive thing about themselves before leaving)

Engagement: To make the club an interactive experience we incorporate "merit points." At the end of the year, additional prizes are given to the top three winners.

September is

Suicide Awareness

Month, what

does that mean?

Evaluating Our
Growth and
Quality of our
Progress

Welcome

Indigenous
Seasonal Depression and its Effects

Carnival

Purpose: The primary purpose of such an event is to educate the general public on the severity of mental health, while also providing our community with tools on how to combat such a real struggle.

When: In the 2022-2023 school year a Mental Health Awareness Carnival will be hosted by The Yellow Ribbon Club in early Spring.

Who: Not only will this be for Cibola students, but we plan on inviting a local mental health advocate to speak during the night, representatives from Yuma Regional Medical Clinic, while also extending the invitation to our fellow Yumans.

It is of the utmost importance to try and reach as many people as possible

Fundraising

In order to accomplish our goals we actively reach out to local organizations for fundraisers. Currently, we have a few takeovers and fundraising events planned:

- 2 Wheezy's Takeovers (November and December)
- A Kneaders Take Over (January)
- Selling Popcorn at the Homecoming football game (October)

Suicide Prevention Training

We want to earn enough funding to be able to make sure all of our members can go through the Suicide Prevention Training. This has been one of our goals since we first founded the club. While we haven't been able to do this yet, we have active plans on fundraising and setting those trainings days.

Weekly Meetings

As of now, our club meets biweekly on Tuesdays. We believe that true change occurs when we are a present force within our community. Ultimately, a weekly meeting that is able to garner a great turnout is our goal.

Future Leaders of Yellow Ribbon

We've all been a part of Yellow Ribbon since it was founded, whether that be as an officer or as a member. We are all seniors and only want the best for our club. We are hoping to teach the members of our club the components necessary to create and maintain a community on campus. In doing so, our hope is the club will continue once we graduate.

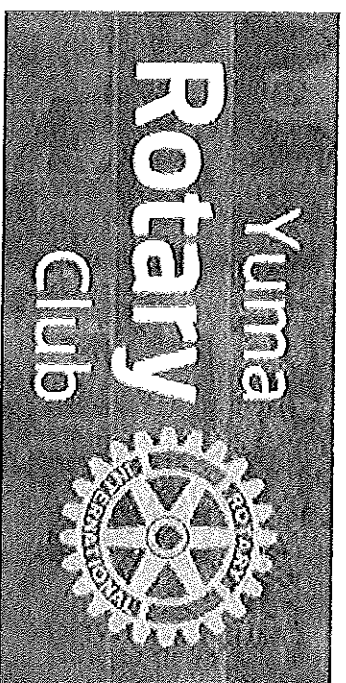
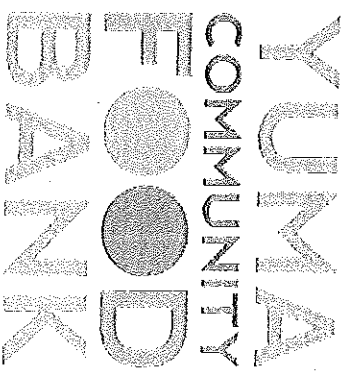
Presence in Yuma

Currently we are a school-based club at Cibola who is very involved with the students at our school. While our message of mental health awareness has been spreading to our community, our goal is to be a present force within the next five years. We would love for our club to be known as a safe place in Yuma.

Volunteering

At the moment, we volunteer twice a school year at local organizations. In the future our plan is to make our volunteering efforts a monthly habit at institutions such as:

- Amberly's Place
- Rotary Club
- Community Food Bank



Members

Up until now we've had a steady flow of members. In five years we want to see our member count double what it is now. We are aware that making a large impact has many methods, one of which being a present force!



COVID-19 Pandemic

Beginning in March 2020, YUHSD students faced an additional form of trauma with the onset of the COVID-19 pandemic. Severe illness, death, and loss of social structures for our teenagers necessitated additional efforts from our schools and district.

From our schools and district, we have provided additional support and resources for our students and families.

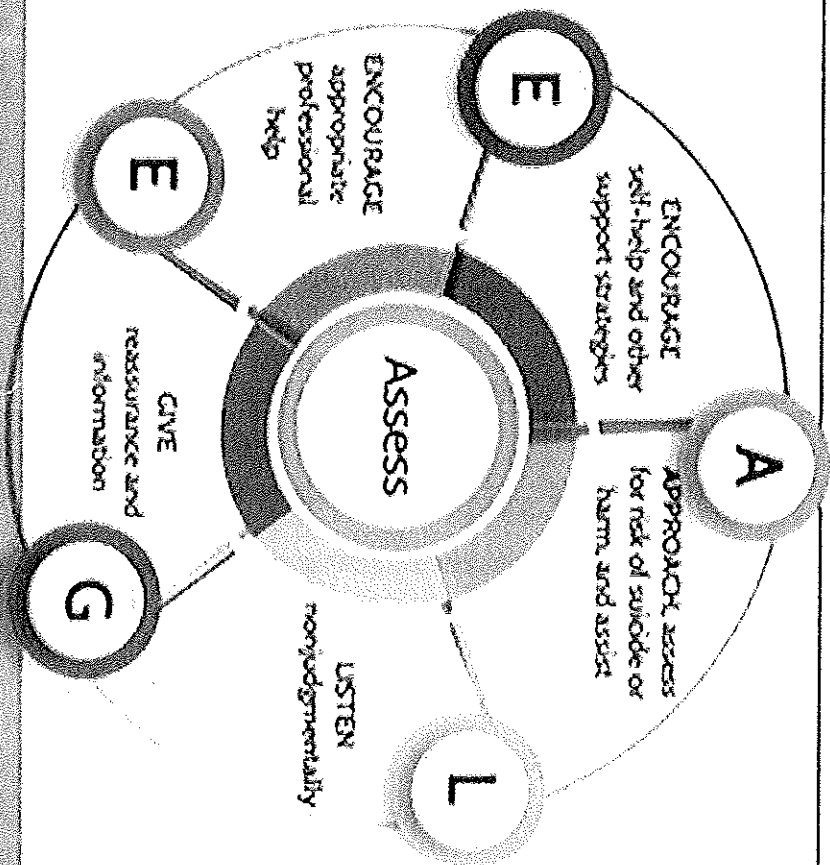
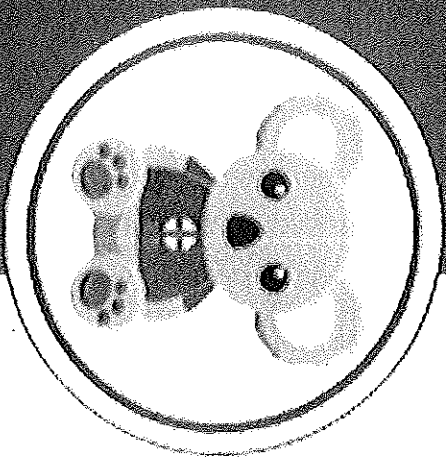
Youth Mental Health First Aid (YMHFA)



What is YMHEFA?

Youth Mental Health First Aid is the help offered to a young person experiencing a mental health challenge, mental disorder, or mental health crisis. YMHEFA aid teachers how to use the ALGEE Action Model in order to provide the appropriate help.

The Mental Health First Aid Action Plan



Staff Training

99%

YUHSD Action Steps

1. Maintain fidelity of ALGEE while simultaneously respecting our parents rights to direct the care of their child during crisis and non-crisis situations.
2. Encourage staff to be a link by recognizing warning signs and symptoms, yet our community may not have the resources necessary locally to reinforce the surplus of students needing support.

Legislative Action Steps

1. Support for Social Workers.
 - Recommended ratio is 1:250 students
 - Our lowest ratio among comprehensive schools is 1:1,141
2. Support for School Counselors
 - Recommended ratio is 1:250 students
 - Our lowest ratio among comprehensive schools is 1:370
3. More access to inpatient and rehabilitation facilities for children/adolescents across rural Arizona, including Yuma County.